

Press Clippings 04/15/20

---Explore Elgin Area---04/15/2020

HOMETOWN HEROES: U-46 SCHOOL DISTRICT



To say that schools have been impacted by the recent stay-at-home order is a complete understatement. Children have been at home for weeks now, which can make life more stressful for the kids, their parents, and educators. Elgin's U-46 school district has taken this tough situation and have found ways to remain present in the lives of its students. Having implemented a virtual system, Distance Learning Days, students are able to continue to receive an education. But U-46 has not stopped there, here are more reasons why everyone involved at U-46 are Hometown Heroes.

Why U-46 School District is Full of Hometown Heroes

On March 13, U-46 had to shut down its schools, and all events and activities. Understanding how many students and families rely on school meals they jumped into action. Just 3 days later they had organized a program that provided free meals to all children under the age of 18. Available at over 25 locations across the Elgin area, families can pick up pre-packaged meals that include breakfast, lunch, dinner and a snack. On its first day more than 3,800 meals packages were handed out.



School nurses in the U-46 district were left with medications for students after the school closing. They took it upon themselves to package these medications and personally deliver them to each student to be sure they had what they needed during their time at home.

The **U-46 Facebook page** has been a constant resource for anyone who has been impacted by the recent closing of schools. This includes social and emotional health tips for those facing stress and anxiety for the first time. They have also included resources that are educational yet entertaining like daily zoo chats, and other learning-based information being featured

from the [Elgin History Museum](#) and the [Elgin Public Museum](#). U-46 is continuing to inspire students by highlighting U-46 alumni and their accomplishments.

The educators at U-46 have done so much to continue to be there for their students. Many have begun daily book readings, and this movement has inspired so many other people in the community to do the same, like Officer Tracey from the Bartlett Police Department.



#WeAreU46

Superintendent Tony Sanders has been monumental in keeping communication open and accessible to the community. Since the initial shut down in March he has posted multiple videos to inform and educate students, their parents and staff about what's going on and what the district is doing.

Jennifer Brown, a U-46 music teacher has begun visiting students to fix broken strings on instruments for her students. She has vocalized the value of music during this time and continues to help her students and encouraging music as a therapeutic outlet.

The anonymous donor who filled the school's book lending library full of food.



The Current, is a student-run, broadcasted newsmagazine from Elgin High School's Academy of Media and Digital Arts has been continuing to update and entertain the community from home.

The U-46 United Fundraiser, was created because of the severe impact this crisis has had, leaves families struggling to make ends meet. The goal is to raise money to help these families. [Learn more or make a donation](#)

The Music Department district-wide has been name one of the "Best Communities for Music Education" from the NAMM Foundation. Again, for the second consecutive year- Congratulations!

**THANK YOU U-46 SCHOOL DISTRICT FOR RELENTLESSLY
SUPPORTING THE ELGIN AREA COMMUNITY!**

The Examiner of STREAMWOOD

Volume 25
Number 49

"IF I WERE TO CHOOSE BETWEEN A GOVERNMENT WITHOUT A NEWSPAPER OR A NEWSPAPER WITHOUT A GOVERNMENT, I WOULD NOT HESITATE TO CHOOSE THE LATTER." THOMAS JEFFERSON

50 cents
April 15, 2020

Blood drive planned
despite shutdown
See Page 2

Mien given special
girls hoops honor
See Page 8

Further pandemic-related actions taken by U-46

By Seth Hancock

The Board of Education in School District U-46 unanimously approved of a resolution to suspend policies over the COVID-19 pandemic at its meeting on Monday, April 6 which was held electronically due to the virus.

The vote was 6-0, board member Veronica Noland was absent.

The World Health Organization declared a pandemic over COVID-19 on March 11 while a large national shutdown has taken place including Illinois Gov. JB Pritzker shutting down a majority of public and private activity.

The U-46 resolution stated that "Illinois Governor Pritzker declared all counties in Illinois as disaster areas" on March 9 and "the U.S. President (Donald Trump) declared a national state of emergency" on March 13. Pritzker initially ordered a shutdown on March 13 until March 30, but it was extended first to April 7 and now until the end of April.

The board's policies under Section 2.244 allow for a suspension of policies with "a majority vote of members present at any meeting."

The resolution was amended at the

meeting with a recommended end date of June 30 to the action being added along with an amendment to a section giving Superintendent Tony Sanders additional purchasing powers during the shutdown.

Section 5 states that Sanders, "after notifying the Board President (Sue Kerr)," can "make all necessary emergency purchases... to ensure continuity of goods and services required for the provision of all relevant educational services throughout the duration of school closures related to the COVID-19 pandemic. Any purchases by the Superintendent made via this resolution which require Board approval shall be ratified by the Board of Education at a later time."

The final line of "at a later time" was amended to "as soon as is practicable."

Section 1 states: "The Board suspends board policies, in whole or in part, if such suspension is necessary to implement Executive Orders of the Governor and/or written guidance from ISBE (Illinois State Board of Education) relating to COVID-19, includ-

ing any subsequent orders by the Governor to close schools."

Sanders will be able to make "emergency closures" and "to close any school building or District facility" and "to direct staff assignments during District closures, including but not limited to essential employees who must physically report to work." He also can control access to U-46 facilities.

The resolution also allows the board to continue holding electronic meetings as well as the ability to change "meeting dates, times, and locations."

Later in the week, Sanders announced a second round of taxpayer funded technology handouts and an expected third round including giving iPads to pre-kindergarten students and Chromebooks for K-12 students.

"For the Chromebook distribution, we are prioritizing fifth through twelfth graders who do not currently have a device, as well as households with the largest gaps between the number of students and number of devices," Sanders wrote in a Thursday, April 9 statement. "If you are eligible to pick up a device(s) next week, you will receive a separate communication from your school with more details."

Sanders also announced that U-46 has handed out 418,269 taxpayer funded meals (breakfasts, lunches, dinners) and 139,423 since the shutdown.

The district also announced an at-home Seal of Biliteracy test with "Parent-as-Proctor." The College Board has announced that Advanced Placement exams will start on May 11 with makeup dates starting on June 1.

Dist. U-46 Board to vote on curriculum proposal

By Seth Hancock

The Board of Education in School District U-46 is set to vote on a physical education (PE) curriculum proposal as well as Illinois High School Association (IHSA) membership at its upcoming April 20 meeting.

The items were presented at the Monday, April 6 meeting which was held electronically due to COVID-19, board member Veronica Noland was absent.

The PE proposal includes assessments, frameworks, resources and rubrics for new curriculum as well as revisions to existing curriculum for secondary health and PE. It has a total estimated cost of \$442,548 split between cardio equipment (\$299,778), resources (\$116,424) and professional development (\$26,345).

Courses include middle school PE and health, high school health, two modules of team sports coaching and officiating, two modules of walking for wellness, two modules of functional fitness and two modules of strength and performance.

"With student wellness, health education is making a shift that we need to have a greater focus on the development of skills as well as including content," said Tracey Jakaitis, student wellness coordinator.

PE will be a year-long course for seventh grade under the change while eighth grade would have one semester of PE and one for health. For 10th through 12th grade, students will take one

module each semester of their selected PE course.

Courses to be dropped are dance, team sports, freshman through senior PE, personal fitness and conditioning and weight training.

Enrollment in fitness-focused PE courses jumped from 2,095 to 5,245 between 2018-2019 and 2019-2020 which is why the district is asking for more cardio equipment to be purchased.

"We have a lot of students who really are enjoying our fitness options," Jakaitis said. "I would say it's 75 percent of our students are in a fitness-based course, so we need to try and maximize the facilities so a student doesn't have to stand and wait to use a piece of equipment."

The objectives for the health education proposals are critical thinking, analyze influences, health literacy, communication, decision-making and advocacy. PE objectives are critical thinking, physical literacy and career exploration.

Jakaitis said all high school PE teachers will have access to the resources when asked by board member Melissa Owens. Asked by Sue Kerr, the board's president, about the team sports coaching and officiating course Jakaitis said students will rotate between being a player, an official and a coach.

The IHSA membership proposal is "an annual event the board undertakes to allow us to be members of IHSA at no cost," said Superintendent Tony Sanders.



Bare necessities

Shoppers outfitted with surgical masks exit a village food store were many donned masks, glasses and even gloves as an added protection measure while also attempting to maintain a social distance of at least six feet from others. This pair of shoppers were unable to maintain the prescribed social distancing standard, however, while exiting the store.

(Examiner photo by Bruce Leighty)

Dist. U-46 takes further pandemic-related actions

By Seth Hancock

The Board of Education in School District U-46 unanimously approved of a resolution to suspend policies over the COVID-19 pandemic at its meeting on Monday, April 6 which was held electronically due to the virus.

The vote was 6-0, board member Veronica Noland was absent.

The World Health Organization declared a pandemic over COVID-19 on March 11 while a large national shut-down has taken place including Illinois Gov. JB Pritzker shutting down a majority of public and private activity.

The U-46 resolution stated that "Illinois Governor Pritzker declared all counties in Illinois as disaster areas" on March 9 and "the U.S. President (Donald Trump) declared a national state of emergency" on March 13. Pritzker initially ordered a shutdown on March 13 until March 30, but it was extended first to April 7 and now until the end of April.

The board's policies under Section 2.244 allow for a suspension of policies with "a majority vote of members present at any meeting."

The resolution was amended at the meeting with a recommended end date of June 30 to the action being added along with an amendment to a section giving Superintendent Tony Sanders additional purchasing powers during the shutdown.

Section 5 states that Sanders, "after notifying the Board President (Sue Kerr)," can "make all necessary emergency purchases... to ensure continuity of goods and services required for the provision of all relevant educational services throughout the duration of school closures related to the COVID-19 pandemic. Any purchases by the Superintendent made via this resolution which require Board approval shall be ratified by the Board of Education at a later time."

The final line of "at a later time" was amended to "as soon as is practica-

ble."

Section 1 states: "The Board suspends board policies, in whole or in part, if such suspension is necessary to implement Executive Orders of the Governor and/or written guidance from ISBE (Illinois State Board of Education) relating to COVID-19, including any subsequent orders by the Governor to close schools."

Sanders will be able to make "emergency closures" and "to close any school building or District facility" and "to direct staff assignments during District closures, including but not limited to essential employees who must physically report to work." He also can control access to U-46 facilities.

The resolution also allows the board to continue holding electronic meetings as well as the ability to change "meeting dates, times, and locations."

Later in the week, Sanders announced a second round of taxpayer funded technology handouts and an expected third round including giving iPads to pre-kindergarten students and Chromebooks for K-12 students.

"For the Chromebook distribution, we are prioritizing fifth through twelfth graders who do not currently have a device, as well as households with the largest gaps between the number of students and number of devices," Sanders wrote in a Thursday, April 9 statement. "If you are eligible to pick up a device(s) next week, you will receive a separate communication from your school with more details."

Sanders also announced that U-46 has handed out 418,269 taxpayer funded meals (breakfasts, lunches, dinners) and 139,423 since the shut-down.

The district also announced an at-home Seal of Biliteracy test with "Parent-as-Proctor." The College Board has announced that Advanced Placement exams will start on May 11 with make-up dates starting on June 1.



Remote Easter

It was a truly unique Easter Sunday for local residents and church-goers throughout the country as houses of worship were closed due to the COVID-19 pandemic.

(Examiner photo by Bruce Leighty)

JDN

HEATING AND AIR CONDITIONING

Systems Inc.

"DELIVERING QUALITY AND COMFORT SINCE 1988"

FREE
In-Home
Estimates on
New Equipment

Financing Available

Call Today!
630-213-6736

BBB
ACCREDITED BUSINESS

BARTLETT AREA
CHURCH & COMMUNITY

TRANE
It's Hard To Stop A Trane

SALES | SERVICE | INSTALLATION

Heating & Cooling Residential / Commercial

Air Conditioner CLEAN & CHECK \$78

JDN Heating and Air Conditioning Systems, Inc.
Price valid with this coupon. Not valid with other offers or prior services. Expires 4-30-20.

\$150 OFF A/C Installation

JDN Heating and Air Conditioning Systems, Inc.
Price valid with this coupon. Not valid with other offers or prior services. Expires 4-30-20.

\$300 OFF Furnace & A/C Installation

JDN Heating and Air Conditioning Systems, Inc.
Price valid with this coupon. Not valid with other offers or prior services. Expires 4-30-20.

Search over
15,000+
Willing
Donors

Many of our
patients
receive their
transplant
in just
6 months

Let MatchingDonors.com Help You
**FIND YOUR LIVING
ORGAN DONOR
TODAY**

MatchingDonors
a 501(c)(3) nonprofit
organization
1-781-821-2204

LEAVE YOUR PAIN BEHIND

Suburban Orthopaedics is dedicated to providing the highest quality of orthopaedic and spine care throughout Chicagoland.

- Sports Medicine
- Spinal Surgery
- Pain Management
- Foot & Ankle
- Joint Replacement
- Regenerative Medicine
- Workers Comp
- Physical Therapy & MRI

Convenient day & evening appointments. Most insurances accepted.

630-372-1100 | SuburbanOrtho.com
Bartlett | Elgin | Elk Grove Village | Chicago

U-46 seeks audit tool for early learning initiatives

By Seth Hancock

School District U-46 is planning to create an auditing tool to evaluate its early learner programs.

Josh Carpenter, assistant superintendent of teaching and learning, said there's "an industry gap" with no auditing tool currently available for early learner programs during a presentation to the Board of Education in February. The district plans to work with the National P-3 Center, pre-

school to third grade, at the University of Colorado-Denver with completion of the tool by May of 2021.

The project will include two phases, the first to design the tool and then revisions and the second is using the tool along with reviews and reports being created.

The cost is expected to be around \$50,000 shared with the National P-3 Center with U-46's cost "not to exceed \$24,999," according to Peggy Ondera,

director of early learner initiatives. Anything over \$25,000 requires a board vote.

Ondera said the National P-3 Center is "very interested in creating this tool that has uses across the nation," meaning it could sell the tool to other districts.

The project was discussed during an overall update of early learner initiatives as the district described the government school system's desires to control a child's education from birth.

"Given that we know that early childhood education is so important to children's success in school, we really wanted to think about what are those organizational structures and policies that will best support our earliest learners," Ondera said. She said the state's vision is "every child is healthy, happy, safe, ready to succeed and eager to learn with a focus on closing the achievement gaps and serving our most vulnerable students."

The federal grant awarded to Illinois was expanded in 2015 according to Ondera who said it had a goal of 65 percent of students have one year, 40 percent at least two years and 10 percent five full years of "quality early learning services" before entering kindergarten, which generally starts at five years old.

"We didn't necessarily meet that and that has been updated by the state," Ondera said adding that the goal is 80 percent of children with one year and

70 percent two years by 2023 which "that again is a little bit of a stretch goal."

U-46 has a program, Parents as Teachers (PAT), in which district representatives make home visits to parents with children from birth to three years old. It is funded by an \$855,000 annual grant to make home visits for 150 children.

PAT staff includes eight full-time parent educators, one part-time parent educator, a secretary and a supervisor.

Asked to elaborate by Sue Kerr, the board's president, and board member Melissa Owens, Ondera said they make "weekly or bimonthly visit where it's typically done in the home" which they encourage families to take part in but it is voluntary. Board member John Devereux asked if the district has enough resources, Ondera said U-46 does partner with other programs but "we are under serving families."

U-46 has a half-day preschool program funded primarily through a \$4.3 million state grant and a full-day preschool program with two-way transportation funded by a \$2.4 million state grant.

Ondera said that 1,000 screenings are conducted annually, 600 to 700 conferences regarding specialized student services are done and 30 children transition at three years old from state services to U-46 programs as the district determines eligibility for early learner programs.

Wayne Board discusses storm sewer monitoring

By Joe Hyland

An issue that rears its head from time to time in Wayne is flooding. At the Tuesday, April 7 Wayne Village Board meeting, held via teleconference, Village Engineer Dan Lynch brought up the topic of televising the village's storm sewers. The matter took on a certain degree of urgency following recent rains.

"As many of you know, the storm sewer near Wayne Park was draining extremely slow," said Lynch.

Lynch said that, as a result of this, the low part of the park was completely under water. He said that an inspection of the area found that the storm sewer inlet was almost entirely blocked by leaves on the grate that covered it. He said that the water entered the sewer more readily following the removal of the leaves, but the park remained flooded, indicating a blockage in the storm sewer.

Lynch added that the problem might be exacerbated by residents having as many as four sump pumps running into the sewer in addition to a field tile

that drains into it.

Lynch said he had contacted county officials for help and they were willing to rout out the pipe, but would not run a root cutter through it before it was televised. He added that, while the sewer seemed to be working pretty well for now, he still intended to televise the storm sewer noting that the procedure had previously been authorized by the board.

Trustee Pete Connolly suggested that, should a blockage be found, the pipes should probably be televised more often than every five years in order to minimize future problems. In addition, he suggested that the grates over the entrances to the storm sewers should be monitored to make sure they're clear of leaves and other debris.

Lynch indicated the village maintains several monitoring wells to keep an eye on the water table.

Connolly asked whether these were checked on a regular basis? Lynch responded that this was not currently being done, but would probably also be a good idea going forward.

Two public works items ratified at board meeting

By Seth Hancock

The Village Board of Trustees unanimously approved a pair of public works items at its meeting on Tuesday, March 24 which was held electronically over phone and computer due to the COVID-19 outbreak.

Included was an intergovernmental agreement (IGA) with School District U-46.

"The Board of Education of School District U-46 has approached the village to provide a license agreement for installing radio equipment on the Villa Olivia water tower to improve communications with their transportation and schools," wrote Dan Dinges, director of public works, in a memo.

The IGA allows U-46 to use a portion of the village-owned water tower with the agreement stating the purpose is for "the construction, operation and maintenance of radio communications facilities, including an equipment box, within the base of the Tower, and to install and operate a certain transmit and receive antenna to be attached to the top portion of the Tower

and to run cable from the antenna through, outside and inside of the Tower to the equipment box."

The school district would "install, paint, maintain, operate and replace" the equipment according to the IGA. U-46 will have access to the water tower 24 hours a day in order to maintain the equipment.

Also approved was an ordinance allowing the public works and other department to sell surplus property via auction through Obenauf Auction Services.

"As part of their service, Obenauf identifies potential bidders who may be interested in the type of vehicles and equipment the departments wish to sell," Dinges wrote. "The Village has utilized Obenauf in prior years and the service they provide has proven to be a very effective method for disposal of the Village's surplus property."

Included are over 100 items from vehicles and computers to Christmas trees and fire cabinets among other items.

State EPA temporarily closing all emission testing stations

The Illinois EPA Director John J. Kim has announced the temporary closure of all vehicle emissions testing stations in Illinois. In the interest of safeguarding the health of all Illinoisans, including motorists that bring their vehicles in for emissions testing and the workers that perform these tests, the Illinois EPA will temporarily suspend vehicle emissions testing, including at all centralized and decentralized inspection station locations.

This suspension took effect Saturday, March 21, and is in force through April 7, and may be extended depending on circumstances. The Illinois Air Team Call Center will remain open and available to address motorist emissions testing inquiries. Motorists with questions may call 844-

258-9071 Monday through Friday from 8 a.m. to 6 p.m., and Saturday from 7:30 a.m. to 1 p.m. or visit the Illinois Air Team website at <http://illinoisairteam.net>.

Vehicle registration expirations dates have been extended by 30 days allowing motorists to wait to have their vehicles tested and renew vehicle registrations. The Illinois EPA is working closely with the Secretary of State's Office (SOS) regarding vehicle registration extensions to ensure the two agencies are aligned in implementing their respective duties.

The Illinois EPA will continue to monitor the COVID-19 crisis and will rely on public health experts to help evaluate the re-opening of vehicle emissions testing stations.



COVID-19 Precautions

Until further notice, BPLD is closed. View all BPLD recent updates and changes on the website at www.bartlettlibrary.org. Also, while the building remains closed, staff members are offering online programs and more.

eCard

If you don't have a BPLD card, you can sign up for an eCard while the building is closed! Head here to sign up (Must be typed exactly as shown here to work): <https://bit.ly/BPLDeCard>

Sing-Along Sundays at 2 p.m.

Join us for a sing-along with one of BPLD's staff members. Each week, a new video will be posted to the library's Facebook page.

Music

Download songs for free with your BPLD card using the Freegal Music app. Head to the library's website for more info on this service.

Babies and Tots Mondays at 9 a.m.:

Even when the building is closed, we want to bring the Babies and Tots Storytime to you! View a new video every Monday morning on the library's Facebook page.

Books and Audiobooks

Download these for free with your BPLD card using the Libby, OverDrive or Hoopla apps. Head to the library's website for more info on these services.

Trivia

Tuesdays at 7 p.m.

Join us for trivia! Players will answer 10 multiple choice questions that follow a common theme, which changes every week. Check in on the day of the event around 6:45 p.m. A link to sign

up will appear on the library's social media platforms then. Space is limited.

It's Storytime!

Wednesdays at 7 p.m.

Even when the building is closed, we want to bring Storytime to you! View a new video every Wednesday night on the library's Facebook page.

Children's Books

Read a variety of children's books online with your BPLD card through the Tumblebook Library. Head to the library's website for more info on this service.

Chess Tournaments Thursdays at 4 p.m.

Since we can't meet to play chess at the library, we will be hosting online chess tournaments for all ages. Go to this link to register (Must be typed exactly as shown here to work): <http://bit.ly/BPLDChess>.

BookLite Online

Rather than meeting in person, the library's BookLite book talk is meeting virtually through a Facebook group. Members can discuss books together via this platform while it is not possible to meet together in person.

Questions?

Librarians also continue to work on readers' advisory by giving reading recommendations and tech training through social media platforms and the library's email: askus@bartlettlibrary.org.

Census 2020

Take the census at 2020census.gov! It only takes a couple of minutes to help out your community.

For a complete listing of scheduled programs at the Bartlett Public Library, 800 S. Bartlett Road, call 837-2855 or visit www.bartlettlibrary.org.

Sabres' Mien selected as IBCA senior all-star

By Seth Hancock

COVID-19 may have taken Streamwood senior Mandy Mien's final high school basketball game away, but it can't take away her honor as an All-

Star.

Mien, a four-year varsity point guard for the Sabres, was selected to play in the annual Illinois Basketball Coaches Association's senior All-Star

game played every June which was cancelled this year due to the shutdown from the coronavirus.

Streamwood coach George Rosner has experienced the game himself as he and his coaching staff were selected to coach one of the teams in 2011 when then Sabre Emma Schmidt was selected to play. Rosner said it's disappointing that Mien won't get to experience it, but it's still an honor being selected.

"I've had many players play in it and it's a great experience," Rosner said. "It's always a fun game, a high scoring game. It's a really neat experience. I feel bad for Mandy that she won't get to experience that, but it's still a great honor for her to be selected."

Mien was recognized all four seasons in the Upstate Eight Conference as an all-conference recipient, and Rosner said she is the only player to finish top 10 in four career categories at Streamwood. She is the career leader in assists (554) and steals (386), fourth all-time in points (1,368) and 10th in rebounds (496).

As a freshman, Mien stood at 5-foot-3 and she was listed at 5-foot-5 her senior year making her more often than not the smallest player on the court, but she never stood down from that challenge as seen in her rebounding stat.

"She had no fear, no fear," Rosner said. "To get 496 re-

bounds at her size, that tells you something. She's tough, she's one tough player."

From the first year, Mien was a key contributor including averaging 9.4 points and 4.6 assists per game her freshman season in 2017. Streamwood went 16-14 that year and won its first regional title since 2013 including an upset of top-seeded South Elgin in the title game.

Streamwood was in the market for a point guard that year and Mien's teammate Jenejha Williams knew she fit the bill. Williams was a 2017 graduate and the program's all-time leader in rebounds (1,248) and blocked shots (490) and fifth in scoring (1,358 points).

"When we saw her as a fifth grader, sixth grader, we knew she was something special," Rosner said. "When she came in freshman year, we told her she was going to play varsity and she gave us a look like 'what.' But we knew she was ready and when we played some scrimmage games and summer game, Jenejha came up to us and said 'she's playing for us.'"

Mien had plenty of players to look up to as a freshman including Williams along with 2018 graduates Andrea Bracey and Maddi Exline, and she picked up that leadership role well herself.

"They all took Mandy under their wings," Rosner said. "She learned a lot from them and grew as a player because of them."

Rosner added: "The younger girls on the team now, you couldn't help but learn from Mandy. They looked up to her because she was a very, very competitive player."

Mien is still in the process of making her college choice but right now is planning to focus on academics.



Mandy Mein playing in one of her first varsity games as a freshman in 2016 while striving to control a loose ball off a dribble near the free-throw line while being pursued by Crystal Lake South's Jenna Ross. The game was played during a season-opening tournament at Dundee-Crown High School. (Examiner photo by Bruce Leighty)

HOW TO PROTECT YOURSELF

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

WEAR A FACE MASK IF YOU ARE SICK

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

TAKE STEPS TO PROTECT YOURSELF

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick

- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

TAKE STEPS TO PROTECT OTHERS

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



1 WATER AND SOAP



2 PALM TO PALM



3 BETWEEN FINGERS



4 FOCUS ON THUMBS



5 BACK OF HANDS



6 FOCUS ON WRISTS